



FEBRUARY 2020



“Seize the Moment” Part 2

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AUDIT YOUR MORNING HABITS

Alexander Hamilton famously wrote, “Man is very much a creature of habit.” And perhaps especially so first thing in the morning. The relatively new “science of habit” can help us with this. As Jerome Groopman explains, [writing on habits](#) in *The New Yorker*, and quoting author Wendy Wood, Our minds have “multiple separate but interconnected mechanisms that guide behavior.” But we are aware only of our decision-making ability — a phenomenon known as the “introspective illusion” — and that may be why we overestimate its power. In other words, because our conscious thoughts direct only a limited amount of our behaviors — and we are, unsurprisingly, very conscious of our consciousness! — we tend to overestimate our willpower. New-year’s resolves, apart from the formation of new habits, likely will not become new-year realities. A great place to start is with being honest about what your current habits are. Ask yourself, what are my morning habits? What do I typically do in those first fifteen minutes to half hour each day? What is my morning

routine, not ideally but practically? What’s the sequence of what I actually do first thing in the morning?

IDENTIFY THE COST

New habits typically don’t come easily. They aren’t “free.” There is some attendant cost. New habits that really matter don’t just typically thread into your current ones. They must displace the old. According to Groopman, “the key lies not in breaking a habit through willpower but in replacing one habit with another.” With regard to your mornings, make conscious decisions to change tangibles in your world that will guide your subconscious. So ask, how can I get into the word of God in those first moments of each day? What needs to wait until later in the day, or go away altogether, to make space for what’s more important?

CREATE BARRIERS TO THE BAD

After identifying the bad habits keeping you from what’s more important, make concrete plans *against* them. Create “friction” between the bad habits of checking email or getting sidetracked in texts or notifications. Or turning on the TV. Or reading something else less important. Make them inconvenient. Take steps to remove or keep yourself from whatever is keeping you from the Bible.

INCENTIVIZE THE GOOD

Reading the Bible is not a chore, and there’s no virtue in making those moments as unpleasant as possible. Identify an inviting space, consider conducive sounds (whether silence or beloved soundtracks), and “[treat yourself](#),” within reason, to solidify the habit of coming first to God’s word in the morning. In doing so, of course, we want to develop a palette that increasingly tastes and enjoys God’s goodness in his word so that the real incentive and greatest reward is knowing and enjoying him.

GOD GIVES THE GROWTH

Whatever little supplemental steps we might try in habit formation, they are but supplements. In the end, the word of God is supernatural, and tasting his goodness is beyond our natural abilities. We cannot cultivate supernatural appetite through natural habits alone. For those of us who are serious, especially here at the outset of a new year, about making daily and consistent access to God’s word vital in the new year, and the rest of our lives, we look, in and through our efforts and strategies, to God himself as the one who gives the growth ([1 Corinthians 3:6–7](#)), if it is real growth. He is the one who grows our faith ([2 Corinthians 10:15](#)) and his church ([Acts 6:7](#); [12:24](#); [19:20](#)) through his word, and the one who stands ready to have his gospel word bear fruit and grow in our lives ([Colossians 1:6](#), [10](#)).

*In His Name & For His Glory,
Pastor Tim*

Due to copier issues the new church directory will not be printed until Thursday, February 6. If you would also like a copy emailed to you please contact Pam at the church email address.

Fox River Baptist Vision Statement

We desire that everyone who enters Fox River Baptist Church grow in the grace and knowledge of Jesus Christ and grow in authentic, loving, familial relationships to make the name of Christ known in our community and world, all for the glory of God and joy of all.

Birthdays:

1—Connie Snortum
9—Dan Waggoner
11—Yvonne Kjos
13—Keith Brown
27—Gail Kroehler
28—Ron Van Asten



Happy Anniversary

20—Steve & Carolyn Krauss

Deaconess of the Month:
Maay Garzon

St Joseph's Food Pantry

Each month we will collect
non-perishable food items.
Place your food items on the
table provided in the foyer.



Evening Service

February 2, 5 pm
February 16, 5 pm

February 9, 5 pm
February 23 5 pm



Fox River Baptist Church
2600 E. Henry Street
Appleton, WI 54915
920-734-6162

Website: foxriverbaptist.com
Email: office@foxriverbaptist.com
Office Hours:
Tuesday & Thursday, 9:00 a.m.-12:00 Noon

Nursery Schedule



Usher Schedule



February 2

Kyle Tubbs & Ryan Smith

February 9

Scott Smith & Ray Rudzinski

February 16

Bob Abitz & Keith Brown

February 23

Jeff Middlestead & Jerry Kroehler

Financial Update

January 1-26, 2020
Budget needed weekly: \$ 2606.00
Received: \$ 1936.00
Contact Rob Mlodzik with questions.



Youth Bowling
Friday, February 28
9:00 pm
Sabre Lanes

Celebrating the Sixty Six
FRBC will be reading through the Bible in 2020.
There are 3 printed Read through the Bible plans
available in the Worship area. Below are other
websites available to use.

<https://fivedaybiblereading.com/>
www.esv.org
www.biblegateway.com

Adult Quarterly Event
Saturday, February 8
4:00 pm



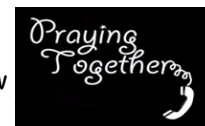
Pasta Dinner

Food, Fun, Fellowship!
Games!

***Sign the sheet on the counter if you plan
to attend.***

Praises & Prayers

Here at FRBC, we have a prayer chain meant for
the sharing of prayer request needs and for
sharing praise for the awesome
& mighty work God does in our
lives. Please feel free to share
any praise or request at our new
prayer request email address:
prayer@foxriverbaptist.com



Care to be part of the prayer chain? Email or
call Renee Brown (920)428-5306
ener654@gmail.com

**If you have events and need bulletin inserts
made please send me the information by
Tuesday, 9 am, of each week, bulletins are
printed Thursday morning**